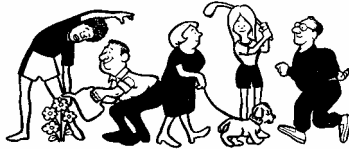


DIABETES WELLNESS OPPORTUNITY



Exercise



There is now an opportunity to receive nutrition education and exercise instruction for people with diabetes. This is a pilot study, so there is no charge for services at this time.

This includes:

- 4 sessions with a physical therapist (1 session per week for 4 weeks)
- Instruction on heart rate monitoring
- Instruction on stretching, aerobic exercise, and strengthening exercises.
- Development of an individualized home exercise program.
- Foot screening done by a Podiatrist.
- Meal Planning instruction with a Registered Dietitian, and Certified Diabetes Educator. (RD, CDE)
- Monthly group meetings to discuss concerns about meal planning, blood glucose results, and exercise.
- Free pedometer
- 3 month follow-up appointment to modify exercise program if needed.

Sessions with the RD, CDE and Podiatrist will be from 12:00 to 1:00pm on November 2 and 9 at 450 W State Street, 6th floor conference room.

Session dates to meet with the Physical Therapist are November 9, 16, 23 & 30 from 4:00 to 5:00pm at Therapeutic Associates, 1520 W State Street, Ste 210.

Cost of this program is free, but will require your commitment to attend all sessions.

We are only accepting 8 people with diabetes for the month of November at this time. Please let us know on or before November 1, if you are interested in participating.

To Register call CDHD: 375-5211

Questions? Email Juanita Aguilar at: jaguilar@cdhd.idaho.gov

